



Raw Cabbage Salad with Sesame Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

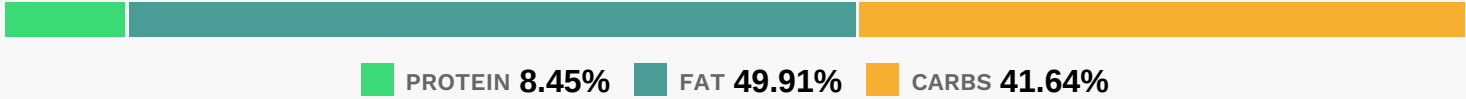
- ☐ 2 tsp apple cider
- ☐ 1 tsp soya sauce light
- ☐ 2 tsp mirin
- ☐ 2 tsp sesame oil
- ☐ 1 tsp sesame seed toasted
- ☐ 0.3 head cabbage white

Equipment

Directions

☐ Discard the core of cabbage and cut the rest into very very thin slices.

Nutrition Facts



Properties

Glycemic Index:67.38, Glycemic Load:1.94, Inflammation Score:-4, Nutrition Score:9.7591303275979%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 85.33kcal (4.27%), Fat: 5.12g (7.88%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 6.62g (2.41%), Sugar: 5.34g (5.94%), Cholesterol: 0mg (0%), Sodium: 226.57mg (9.85%), Alcohol: 0.5g (100%), Alcohol %: 0.48% (100%), Protein: 1.95g (3.9%), Vitamin K: 86.87µg (82.74%), Vitamin C: 41.59mg (50.41%), Folate: 50.31µg (12.58%), Fiber: 2.99g (11.96%), Manganese: 0.22mg (11.24%), Vitamin B6: 0.16mg (7.78%), Potassium: 209.04mg (5.97%), Calcium: 56.15mg (5.61%), Vitamin B1: 0.08mg (5.33%), Magnesium: 18.58mg (4.64%), Iron: 0.76mg (4.2%), Phosphorus: 40.05mg (4.01%), Copper: 0.07mg (3.35%), Vitamin B2: 0.05mg (3.13%), Vitamin B5: 0.25mg (2.55%), Vitamin A: 111.37IU (2.23%), Vitamin B3: 0.43mg (2.16%), Zinc: 0.3mg (1.97%), Vitamin E: 0.24mg (1.58%), Selenium: 0.71µg (1.02%)